

BETHEL YOUTH FACILITY	Policy Number: FOOD-008	Page: 1 of 3
Chapter: FOOD	Related Standards:	
Subject: Wellness		

I. POLICY:

It is the policy of the Bethel Youth Facility to ensure that all physical and nutritional needs of the residents are met.

II. RESPONSIBILITY:

It is the responsibility of the Superintendent to ensure compliance with this policy by monitoring the participation of the Bethel Youth Facility in a variety of quality assurance programs.

III. PROCEDURE:

- A. Student Nutrition – BYF will provide students with a variety of nutritious and appealing foods that meet the health and nutrition needs of students as defined by the National School Lunch or School Breakfast Program; will accommodate, as much as possible, the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat. All foods available in the RCCI School during the school day shall be served to students with consideration for promoting student health and reducing childhood obesity.

- B. Foods and beverages provided through the National School Lunch or School Breakfast Program shall comply with federal nutrition standards under the School Meals Initiative. To the maximum extent practicable, this school will participate in available federal school meal programs

Foods or beverages used as incentives (treats) for academic performance or good behavior must meet the nutrition standards established by this administrative regulation.

BYF will not withhold food or beverages as a punishment.

Traditional and cultural foods may be exempted from the food standards described below for educational and/or special school events.

Beverage Standards:

Milk served at every meal

- 2%, 1% or fat free (skim) milk. Minimum 8 oz, to at least 30% of the Daily Value set by the U.S. Food and Drug Administration.

2. Enriched rice, nut or soy milk (may be "low fat"). Minimum 8 oz.

Water available all day

Juice served at breakfast and snack

1. 100% fruit or vegetable juice/water blends, plain or carbonated that do not add sweeteners (natural or artificial); caffeine; or herbal supplements served during breakfast and snack.

Food Standards:

1. Have 30% or less of total calories from fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese and butter);
2. Have 10% or less of total calories from saturated plus *trans* fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese and butter);
3. Have no more than 35% total sugar by weight including naturally occurring and added sugars (except for sugars that occur naturally in a dairy product, fruit or vegetables);
4. Be limited to the following maximum portion sizes:
 - a. One and one-quarter ounces for chips, crackers, popcorn, cereal, or jerky;
 - b. Two and one-half ounces for trail mix, nuts, seeds or dried fruit;
 - c. Two ounces for cookies or cereal bars;
 - d. Three ounces for bakery items;
 - e. Three fluid ounces for frozen desserts, including, but not limited to, ice cream;
 - f. Eight ounces for non-frozen yogurt.

Exceptions to these administrative regulations for food and beverage may be made for individual products which have sufficient nutritional value to offset sugar or fat content, or other requirements which do not meet the lunch and snack program approved by the NSLP.

C. PHYSICAL ACTIVITY

BYF shall strive to allow students the opportunity for moderate physical activity each day to include time before, during, and after school.

BYF will encourage students to take part in sports activities and structured exercise as a way to promote physical activity.

BYF and Lower Kuskokwim School District teachers will provide health curricula which will include instruction on the benefits of regular physical activity and the role physical activity plays in preventing chronic diseases and maintaining a healthy weight.

BYF will discourage extended periods of inactivity.

1. Physical Activity - Schools will provide opportunities for students to get 20-30 minutes of physical activity every day, whether as part of an organized P.E. class or through other before-during-or after-school opportunities.
2. Other - Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education, physical activity breaks) as punishment during the school day.

School should provide indoor and outdoor physical activities at the facility.

D. COMMUNICATION WITH PARENTS

BYF will communicate with parents to provide a healthy diet and physical activities for their children. Such communication may include sharing information by a weekly phone call and/or visitor letter.